



MONO COUNTY HEALTH DEPARTMENT

Public Health

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FOR IMMEDIATE RELEASE

Mono County Board of Supervisors Proclaim May 2023 Mental Health Month

MONO COUNTY, Calif. (MAY 03, 2023) – On Tuesday, the Mono County Board of Supervisors approved a Proclamation designating May 2023 as Mental Health Month, recognizing the promotion, protection, and restoration of mental health as a vital priority for Mono County. Mental health is defined as a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

“Mental health challenges are one of the most common health conditions in California, and nearly 40 percent of adults in the United States reported struggling with mental health or substance use during the COVID-19 (Coronavirus) pandemic,” said Supervisor Rhonda Duggan, Chair of the Mono County Board of Supervisors. *“Engaging in prevention and early intervention are effective ways to reduce the burden of mental illness and to help our family, friends, and neighbors make progress toward recovery.”*

Mono County urges residents and visitors to be aware of the resources available throughout the County. Hundreds of Mono County residents and visitors receive services from the Mono County Behavioral Health Department each year, including mental health treatment, substance use disorder counseling, community wellness programs, and suicide risk assessment. Recognizing the signs and symptoms that warrant reaching out for help is essential.

In addition to the services provided by the Behavioral Health Department, the [Mono County Wellness Centers](#) offer a variety of programs that support mental health and promote community. Following the recent winter storms, mental health issues around isolation, loneliness and stress may arise. If you are struggling with stress, anxiety, or depression related to the storms, finding ways to reduce the mental health impacts is important.

Details on the Mono County Wellness Centers and programming can be accessed [here](#). For more information, questions, or concerns, please call Mono County Behavioral Health at (760) 924-1740 or follow up with your medical provider.

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